MERICANISM, FOR WOMEN, MAY BE EXEMPLIFIED IN OBSERVANCE OF WAR THRIFT RULE

ENLARGEMENT

OF THE SPLEEN

By J. H. KELLOGG, M. D., LL. D.

THE causes of enlargement of the

tion and consequent enlargement

which it also has upon the spiece.
Turkish baths, vapor baths and wetsheet packs are also helpful in the treatment of enlarged spiece.

Exercise is of the utmost value as a
means of eliminating poisons, both by
way of sweat glands and by way of the
exhaled breath. Running or rapid walking in the open air is good. If this is
not convenient, however, the same results may be obtained by exercise taken

suits may be obtained by exercise taken indoors with doors and windows widely opened so as to get free ventilation. It is not even necessary to run about

the room.

One may "run in place," executing the movements of running by throwing the weight first upon one foot and then upon the other. lifting backward the foot which is not in use. Various other exercises of the legs may be employed, but active movements of the legs are, on the whole of the greatest service.

on the whole, of the greatest service

QUESTIONS AND ANSWERS

To Reduce Weight at Fifty

I am a woman of fifty years and am get-ting stout. I have be a told to take the ute of one lemon in water before break-tast. Will this reduce my weight? Is it njurious to the system? If you want to reduce your flesh

you must reduce your food. There is nothing to be gained by trying to short cut by using vinegar, lemon or any "cures."

Can you tell me what sycosis is and what causes it? Is it contagious? One of the neighbors is all broken out with it and I am wondering if it is best to go there. M. D. F.

Sycosis is an inflammation of the skin,

sycosis is an inflammation of the skin, due either to pus cocci or ringworm infection or some allied cause. Ringworm is one form of eyeosis. Barber's itch is another. It is mildly contagious. You are in no danger provided you do not use the same brushes, wash basins, and towels that are used by the affected person.

Mole on the Nose

I have a mole on the end of my nose. It is conspicuous and getting larger. Should I have it removed by an electric needle? It it dangerous or will it leave a noticeable car?

You would better have it removed if it is growing. Most moles are not dangerous, but from some of them sarcomas develop. One should be suspicious of a growing mole.

Treatment for Pyorrhea

Piease give me some remedies for pyorrhes d ulcers of the mouth. G. V. B.

Dentists cure pyorrhea by painstaking attention to the gums and teeth, supplemented by vaccines or emetine according to the case. Where bony processes have been absorbed the teeth must be lost. Ulcare of the ment result for the lost.

WAR'S LATEST HORROR IS PAPER PANTS FOR PAPA

PERHAPS ONE CHOOSES ONE'S COLOR ACCORDING TO ONE'S AURA...

PAPER PANTS APPEAR IN GERMANY;

ARE PRONOUNCED SIMPLY RIPPING

tions Are Revealed in Latest Triumph of

Teutonic Efficiency and Conservation

HE CONFESSION OF A WOMAN WHO HAD NO THRIFT STAMPS

This Is a True Story Written by a Girl Who Was Placed in an Embarrassing Position—Read It

AM an American girl, twenty-four ars old. Until the day before rday I never owned a thrift I never considered myself cularly unpatriotic until the day fore yesterday. I have four Liberty one of which I , ald for outht, the other three of which are ng paid for by installments out of mlary. I have given to the Red s from time to time; I gave to the Y. M. C. A. and the Knights of Colum us funds and I bought a smileage R. But, as I have said, I never ught a thrift stamp.

As long as I do not have to sign name to this confession I am willng to honestly say that it was neither patriotism nor a spirit of thrift that sent me wildly into a department re the day before yesterday to ask for my first thrift stamp. It was to sit up before a roomful of peop'e and acknowledge I had never invested peany in Government war stamps. was at a meeting which had to do

with the war. The suggestion was spirit enough to back their "alma ter" in something she was trying way again.

FTER I had bought a stamp-I these? No, I wasn't, At the meet and got it back safe and sound with ing literature about the thrift stamps interest a few years from now. While

SPARE CHANGE

through your hard when there is

If you do not understand about thrift stamps and war-savings stamps, send your name and address to the Evening Public Ledger and we will mail to you without cost the little primer containing a full explanation.

spare change.

was, hopelessly healthy looking and to put across. I didn't even feel pro- well fed. letting my pennies slide and German. It seemed as though 1 was Flip leisurely through my hand, when indifferent about who won the war. I I might have closed my fist on them felt spineless and all I wanted to do and loaned them to the Government was to run out and buy a thrift to pay part of the war expenses. What stamp so I could never be caught that was I thinking of not to know that every one must save everything he or she can if we are to win this war!

Was I doing enough with my Lib-A really bought three—I wondered erty Bonds? No! There is no getting why I had felt so mean. Wasn't I away from it. I have had spare change ing my duty with my four Liberty and I have wasted it. I have nothing Marvelous Possibilities in Masculine Sartorial Crea-Bonds; I a girl making only average to show for it. I have wasted it when wages and supporting herself out of I might have loaned it to the country was passed around. I haven't much the two dimes and a nickel were in my

She Was Too Modest

Hard to Get to Cuba

To the Editor of Womon's Page:

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those gives the invited. It is understood that the editor these or necessarily indores the southment expressed. All communications for this department should be addressed as follows: THE SEANS EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

Why does the food administration sane-tion the free use of the smaller organs of beef, pork and mutton, such as heart, liver, kidness, brains, etc.? heart, liver, kidneys, utalis, etc.

i making a bed, what method of efis making a bed, what method of efis defency should be followed?

3. What entirely new springing fabric has made its angearance due to the shortsee of wool?

ANSWERS TO YESTERDAY'S INQUIRIES

dropper. Do not leave if on for any more than a minute. Then neutralize the javelle water by applying oxalic acid solution to the stain. Finally thoroughly rines. Then the gail breaks in a chicken make a solution of celd water and a handful of blearbounts soda. Sook the chicken in this for half an hour.

Are Women Stupid?

To the Editor of Toman's Page:

Dear Madam—May I comment on the heavy hadriding of four that has been found to be prevalent among the women of our fair city? It seems unexplainable that women call themselves patriotic and that has a form of treason? Do you think if yours really understood what it means to be firstling world to let wheat flour pile on the think the Government knows where the firstling world to let wheat flour pile on the think the world to let wheat flour pile on the treath of the man world to let wheat flour pile on the treath of the pile of the world of the war women study or last universal to be firstling they have heard enough about a chance they sent to the store and bount more flour. They even they sent about how they have been able to put it your on the stroce. It was the same way with sugar to keep them for more flour. They even them to work more effectently. Why not but they have been able to put it your on the stroce. It was the same way with sugar to keep them for more flour, they have been able to put it wor on the stroce. It was the same way with sugar to keep them for more flour, they would not be contained and they would not be contained and then the world on the think it a huge joke because they are taken from the world would not be contained and they would not be sometime and think it a huge joke because they are taken from the world would cour, follow the example.

When Black Gloves Get Grav

When Black Gloves Get Gray Editor of Woman's Page: of Madam—Could you tell me anythin with black kid gloves that have grow at the tips? I do not like to throw the as they are still good. MARIE.

y, as they are still good. MARIE,
f you take a few drops of jet black
sand mix it well with one or two
of sweet oil you can work this
the gray spots and it will act us a
When the gloves are worn out
't throw them away. Give them to
overseas committee of the Emercey Aid, at Broad and Walnut streets,
to the National League for Women's
vice, at 1702 Walnut street. At
se places windproof vests for our
sters are made from old gloves.

Cocktail Sauce

sether a quarter of a cupful of fuup, a tablespoonful of bottled th. two tablespoonful of sait, a dash aft teaspoonful of sait, a dash o p pper and a teaspoonful of t of meat relish sauce. It is to serve.

PERHAPS you are like the girl in the story. Letting pennics slip a war waiting to be won. SPARE CHANGE-It can turn us into a nation of BONDHOLDERS.

ing my spare change because it was

for my first thrift stamp. It was shame. I was ashamed because I had the bought with spare change. I have a strange new respect for literature. I won't go into details, but one thing particularly appealed to me Sixteen of the thrift stamps would made that the room be canvassed to provide a pair of woolen blankets for see how many in it held thrift stamps. a soldier. Warmth has always been and how the other person felt about for the soldlers than when I get up E. But I felt like the girl in school in the morning in a cold room. But who has no school spirit. I was somehow I never connected my symmed before the others who had pathetic shivering with a thrift stamp. Can you see how I felt? There I

things up so, I generally throw it in the waste basket. But every one else things and an asked him for another that abstract hers, so I did mine.

This is what I found out: I was spending a nickel here, a dime there that abstract hers and bought one. Now I will, because I have got the habit. When I say I never owned a thrift stamp please do not think I did not the wast riding, for instance, from Sixteenth and Chestnut streets to Elishth and Chestnut streets when I might have wasked. I was buying a new collar I never needed. I was investing in a new kind of face powder some one told me about, when I had three-quarters of a box of perfectly good powder on hand. In other words, I was spending an lockel here, as box of perfectly good powder on hand. In other words, I was spending an II say in the mind to be worked that the poisons represented to the point. It is the poisons represented the box of paper in Germany.

Trousers by a governmental edict, are now being made of paper in Germany.

Early news of their success is brief to the point. It is the poisons represented the box of paper in Germany.

Trousers by a governmental edict, are now being made of paper in Germany.

Early news of the point. It is the poisons represented the the district of the success is brief to whe being made of paper in Germany.

Early news of the point. It is the poisons in the body against typhold fever, 100 the point that the spleen plays an important part in the defining to get down to? This made to the point it as a powernmental edict, are now being made of the paper in Germany.

Early news of their success is brief to entire the way in tended to the point. It is the poison in the body against typhold fever of the subway intending to get down to? This who being made of the point. It is the poison that the poison and the poison in the body against typhold fever of 147 cases of the fever, 120 course, if you were strongly gow.

I will, because I have got the habit.

I was riding to mid-we have to being made of the paper and irritating con

made to the human wardrobe.

Just how paperish are the paper trousers that the civilian males of the Vaterland have been forced to don accounts do not say, nor is information forthcoming as to the variety and color of but might I read the little term on your of the spicen. For the same reason nuts but might I read the little verse only to aggravate the condition of the spicen. For the same reason nuts but might I read the little verse only to aggravate the condition of the spicen. For the same reason nuts are samingly. Togal.

ne paper.

Perhaps one chooses one's color ac-

Perhaps one chooses one's color according to one's profession.

Take a journalist for instance—there are journalists in Germany—what could be more to the point than for him to choose a late edition of his favorite daily as material for encasing his nether limbs?

And how about that book you were

IN THE MOMENT'S

Smart Walking Suit of Gray



predilection for hanging on to their trouser legs and climbing onto their knees are likely to be the first to re-volt, according to the report. But thus far there have been no rumors of dis-Tomorrow's War Menu

BREAKFAST (WHEATLESS)

Coffee

DINNER Cream of Corn Soup Roast Chicken Potatoes Baked in Gravy

Mashed Turnipa Baked Apple

SUPPER (MEATLESS)

Peanut Butter Sandwiches

BAKED APPLE SALAD

Take nice large apples and slice and ere. Place brown sugar and nuts in

the centers and bake until tender. When cold place on the top of each apple a spoonful of custard dressing into which whipped cream flavored with a little vanilla has been beaten.—Mary Wright's

School Lunches

When Johnnie along about 11 o'clock gets to thinking about his lunch what

does he discover in the lunch basket

which you packed for him? John-

nie is one of the important coming citizens. Heip him to become as important as possible by feeding him rightly. May-be a good lunch will help him to get high mark in arithmetic today.

ONE

Cold Chicken
Bread and Butter Sandwiches
as of Stewed Apricots Small Cakes

TWO

THREE

Lettuce or Celery Sandwiches Cup Custard Jelly Sandwiches

OATMEAL MACAROONS

One tablespoonful cooking oil, threeeighths cupful corn syrup, two table-

spoonfule sugar, one egg, two te ispoon

Oranges Spanish Omelet Maple Syrup

Siewed Peaches

Baked Apple

English Tweed



fuls almond extract, one and one-half Combine the oil and the sugar and syrup, add the beaten eggs and stir in the other ingredients. Drop from a teaspoon on greased baking sheets or pans and bake in a moderate oven about afteen minutes.—U. S. Food Administra-The practicability of this suit will recommend it to the woman who wants a suit to be smart without being elaborately modeled or trimmed. The material is

Tongue Sandwiches Cookies

War Savings Jingles

PUTS ALL NEW SHIPS UNDER AMERICAN FLAG

War Board Rules That All Tonnage Now Being Built Must Have U. S. Registry

WASHINGTON, Feb. 22.

The license of the War Trade Board for the bunkering of ships at American ports is to be used as a means of requiring that all tonings produced in the present building program of the Shipping Board shall be placed under American registry.

Amping Board shall be placed under American registry.

Announcement is made that this action has been taken and that it will apply not only to vessels built by the Shipping Board, but any "otherwise constructed," and the purpose, it was stated, is to keen them under the control of the United States Government.

The ruling results

The United States Government.

The ruling reads:

"No application for bunkers by any vessel built in the United States and completed after Febraury 1, 1918, shall be granted unless the vessel is documented under the American fing or unless the United States Shipping Board shall have waived such documentation."

The War Trade Board issued the following statement is even to the The War Trade Board issued the following statement in explanation:

"The general rules as amended February 5, 1918, provide no neutral or uncommandeered American vessel shall be bought or sold without the previous approval of the United States Shipping Board, the War Trade Board or the interalled chartering executive.

"In the application of this clause the War Trade Fourth has issued the following amnouncement of the principles which will guide their action in the administration of this maragraph, which is to the following effect:

"That applications for permission to buy or sell the vessels should be made in the first instance to the United States Shipping Board and that the War Trade Beard would be governed by the decision of the United States Shipping Board upon such application."

LAUGHING WITH LEACOCK THEME OF LECTURE I spleen are not entirely clear. We know that enlargement of the organ is Author and Humorist to Appear in ommonly the cause of autointoxication, University Extension Course March 1

and that the same agencies that produce enlargement of the liver will also produce enlargement of the spleen, Furthermore, the agencies which cause cirrhosis of the liver will cause cirrhosis of the spleen. A physician, indeed, in examining the liver to find whether it is entarged or cirrhosis also examines the spleen, because the two organs are closely related in their functions—the destruction of poisons, especially those poisons produced in the colon and absorbed into the blood and carried into the system. duce enlargement of the spleen, Further-It is significant that a person who

is suffering from pernicious anemia has in most cases an enlarged spicen, as also a person suffering from chronic maiarial infection. It is the poisons represented in the body in both of these diseases that Peck's program.
Following is the complete schedule for he week: the week!

Monday evening—Witherspoon Hall, Edward Howard Greens, "Human Progress,"

Honday Sources of Modern Civilization,
Honday Lewis James Howell, bartoner
Nina Prettyman Howell, violinists, William
S. Thunder at the piano, Recital,
Tuesday evening—Earl Jarnes, "The History of Civilization," "Classical Antiquity;
Thinkers and Rulers," Association Hall, Germantown, mantown.
Wednesday afternoon — Academy of dusic, New York Symphony Society. Walter Damrosch, conductor: Frances Starr, assisting artist, Concert.
Wednesday afternoon—Witherspoon Hall, B. R. Baumsardt. "The Development of Civilization." "Rome and the Birth of the Political Instinct."
Thursday evening — Witherspoon Hall Political Instinct."
Thu silay evening — Witherspeen Hall
Earl Barnes, "The Historical Background of
the Geat War." Modern France: How a
Nation is Formed." Modern France: How a
Nation is Formed." Current Events.
Friday afternoon — Witherspoon Hall,
George Earle Raiguel, "Current Events."
"Changed Economic Conditions."
Friday evening — Witherspoon Hall,
Stephen Leacock, the "Canadian Mark
Twatn." lecture-reading, "Laughing with
Leacock,"

they contain. For it should be remembered that the protein element of our mantown, Caroline B. King. The Economic food undergoes putrefaction in the colon with the utmost readiness and gives rise that the utmost readiness and gives rise that the colon with the utmost readiness and gives rise that the colon and the colon with the colon with the colon colonial co

How Movies Are Made should be used very sparingly. Tea. at Witherspoon Hall this afternoon at coffee, alcoholic liquors of all kinds, as also tobacco, must absolutely be discarded on account of the noxious toxins, which they contain. Water may be drunk freely, since it assists in the climination of poisons from the spleen.

Also applications over the spleen of heat and cold are very helpful. A host douche over the spleen followed by a cold douche for ten seconds has tremendous power in causing the spleen to

dous power in causing the spleen to contract and thus relieve the conges-"Big Sisters" Will Hold Ball "Big Sisters" will Hold Ball
Under the chaperonage of the "Big
Sisters," a free masquerade party will
be held tonight at the Pannonia Beneficial Association's Hall, 709 North
Franklin street. More than 200 members of the Junior Clubs, which are
identified with the "Big Sisters" movement in this city, will attend. Prizes
will be awarded to the best-dressed man,
and woman. The X-ray has also been found help-ful on account of its influence upon glands. It is well known that the X-ray when applied to the skin will destroy sweat glands. It is often applied to the bottom of the feet in the case of offensive perspiration. Applied to an enlarged thyroid gland, the N-ray causes the gland to shrivel up. Also applied to an enlarged liver, the X-ray has the effect of reducing the liver, an effect which it also has upon the spleen. and woman.

Editorials for Women by Women

CANNING AT THE COLLEGE SETTLEMENT

By ABIGAIL JOHNSON DAVIES Chairman of the College Settlement Canning Club

IN THE stress of war and the attendant famines the well-to-do gling some of the hardships that walk side by side with the small-wage em all his life long.

Several "posers" present themselves to the wife in such a house when the plea is urged that her part of the national food conservation m

ment be the storing away of the summer surplus of perishable fruits and vegetables to meet winter needs.

Her fire is immediately and noticeably expensive; her kitchen, which must also serve for a dining room and in many cases a living room for a growing family, is small; her allotment of kitchen utensils has been dictated by the barest daily necessity; containers are hard to come by; frequently she adds to the care of her large family in cramped quarters some gainful work that may swell the family income.

Usually that income refuses to stretch beyond the needs of the immediate week, with possibly a bit put by for insurance or for the winter clothing. If she has been reared in a city family of similar habit, she has no experimental knowledge of the economy of wholesale or of off-season buying. Her storage place is frequently a small portion of a cellar shared with other families, where only the coal bin may be kept under lock and key.



ABIGAIL JOHNSON DAVIES

It was to set in motion a tiny counter-current against this stream of habit and hard condition that the College Settlement organized canning clubs among the women who look to the two houses as their centers be

The story of the organization was that the settlement furnish cus. sugar and leadership, while the neighborhood would bring the heavy end of the labor. Friends in the country might be persuaded to contribute surplus from garden and orchard, and the product would be divided between the esttlement table and the women who did the canning. Storage space would be found in the extensive settlement cellars and the distribution of product would be delayed until winter, that temptation to early use might not best

The experience of the summer seems to justify the following observations. A reasonable response was made to an appeal for money for the work. The well-to-do of the suburban or nearby farming districts, from whom a supply of foodstuffs might be expected, were spending themselves organic ing clubs for the production and conservation of larger supplies of fruit and vegetables for their immediate vicinities. In order to accomplish lasting results in the depressed city neighborhoods, a more continuous and insistent leadership is necessary than the canning demonstrations that were valuable and available last summer.

Even with the natural handicaps the results of the organization proved its value for times of peace as well as for times of war. Five hundred can of fruit and vegetables were stored away, about fifty women were enrolled for this work who would otherwise have had no such experience or associated tion, a final exhibition of the total product before distribution made visit sense of value. The woman who carried home only half a dozen cans ear ried also the mental picture of 500 cans and will not be indifferent to best summer's efforts.

The summer of 1918 will see the details of organization for the sul canning clubs mastered. There is hope that they may let their organization function as Americanizing and socializing agencies through the similar organizations in settlements. If each region is to feed itself as far as possible to reduce strain on transportation, surely the workers in factories and munities plants must not be expected to break their teeth on cobbles while all the world is canning-cobbles being the only immediate canable production of the settlement neighborhoods,

A suburban canning club reported 11,000 quarts as the result of its run mer work. Next summer if it and similar organizations would play big sister to the weaker city clubs, a large increase in our 500-can output might be expected without appreciably weakening the big sister clubs. With the work of organization accomplished for both communities, the necessary necting links should not be difficult to adjust. The big-sister clubs would find themselves storing up not only the tangible fruits of the earth, but those intangible good things that make the world go round-right.

No better chance for mutual sympathy could present itself to an American community and a foreign community in America than taking together this practical exercise in thrift and patriotism.

abjail Johnson Devis.

What Does It Cost to Live Decently in Philadelphia?

Are pampered carpenters and mechanics reveling in unaccustomed luxury on fat war wages?

Is \$25 a week enough to shelter, feed and clothe a family of five?

What is the "new poverty" that has slipped like a wolf into homes never before threatened by want?

Franklin K. Lane

Secretary of the Interior

has asked the PUBLIC LEDGER to make a thorough survey of living costs and conditions among families with incomes of \$2000 and less.

"I want figures that have been lived—not figures that have been figured."

Those figures, and the facts that go with them, will shock plump theorists who are worried by the "rich emoluments of labor."

They will appear in a series of three articles in the

PUBLIC & LEDGER

Commencing Monday